

# what is WIC

## **WIC is:**

**The Special Supplemental Nutrition Program  
for Women, Infants & Children**

## **WIC is for:**

**Pregnant & breastfeeding women, new mothers  
& children up to age 5**

## **WIC provides:**

**Answers to your health & nutrition questions**  
feeding tips, recipes & resources

**Kids' health screening**  
growth assessment, screening for anemia & lead poisoning

**Referrals to other health & community services**  
La Leche League, parent child centers, Head Start  
& cooking classes

**Healthy foods delivered to your home**  
low-fat milk, juice, cereal, peanut butter or beans, eggs & cheese

## **Apply today!**

**A family of four can earn up to \$34,040 or if you have  
Dr. Dynasaur or Medicaid, you can apply regardless of income.**

**CALL 1-800-464-4343 and apply today!**

Evening hours available.